

Please take time to “pull in” (even though you’re in this room full of people), and then dig deep in order to share your inside feelings as well as your heart on the following questions. We might use portions of your comments on the retreat, BUT REMEMBER your name is not on the paper, so you can put your honest thoughts and feelings anonymously. We really value and need your open-hearted, honest comments here – it gives us such insight into your world. Each question is actually a series of questions (for example #1 question has a series of 3 questions) – you do NOT need to answer all of them. We’re actually asking the same question several different ways to help jump-start your thoughts. You can use the back of this paper if you need more room. THANKS♥♥♥

1. What’s going on in your life right now that you are hoping this Retreat will help you with? What are you asking God to do for you this weekend? What do you most need from this weekend?

2. A typical teenager’s life has pressures, struggles, hurts, and hurdles – situations where you feel overwhelmed or out of control, or like your life has caved in – maybe times when you feel all alone or like you’re the only one – maybe times when you wonder where God is in all this – even times when you just want to give up. Here’s a list of some of those situations. Please circle any that you are dealing with **right now** or need to deal with:

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|--|---|--------------------------------------|
| 1. involvement or pressure to do drugs, alcohol, or tobacco | 11. confusion and/or disappointment in my relationship with God | 21. academic pressure |
| 2. other types of negative peer pressure | 12. divorce of parents | 22. financial pressure |
| 3. an alcoholic or drug-addicted loved one | 13. difficulty in relationship with one or both of my parents | 23. concern or worry over the future |
| 4. lust or pornography | 14. acceptance of my body shape or size | 24. other sources of stress |
| 5. break-up with boyfriend / girlfriend | 15. eating disorder | 25. loneliness |
| 6. loss of virginity | 16. feelings of low self-worth | 26. death of a loved one |
| 7. physical and/or sexual involvement or pressure in a dating relationship | 17. finding and/or keeping quality friends | 27. depression |
| 8. homosexuality | 18. rejection or not fitting in | 28. thoughts of suicide |
| 9. verbal or physical abuse | 19. racial prejudice | 29. other: _____ |
| 10. unforgiveness | 20. other prejudices | |

3. Now, please select the one or two things (that you circled above) which cause you the most difficulty **RIGHT NOW** in your life and **WRITE YOUR HEART OUT**: Here are some questions to help you write (you don't need to answer them all): What are your feelings related to this struggle? How do those feelings *feel* – can you describe them? What’s the most difficult part of this situation for you? What gives you hope or encouragement? Write about things like that and use the back of this paper if necessary.

4. How’s your self-image? How do you value yourself? Do you ever struggle with liking yourself or feeling good about who you are – inside and out? **WRITE YOUR HEART OUT**: Write about the feelings that you feel. You may have already addressed this issue above. Use the back if necessary.

5. Last question: How important is it to you to have a Christian emphasis on this Retreat? (circle one)

- it’s very important to me → it doesn’t matter to me one way or the other
- it’s somewhat important → it’s not important to me at all